



TGCA NEWS

SEPTEMBER 2025



2025-2026 TGCA OFFICERS



President of TGCA
Scott Mann
Lorena HS



1st Vice President
Sunni Strickland
Big Spring HS



2nd Vice President
Dan Aldrich
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Past President
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Executive Director**
Lee Grisham
TGCA Office

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cover photo courtesy Carmene Harmon

right photo courtesy Lauren Edgerton



THE SEASON AFTER THE STORM: FOSTERING COMMUNITY

Dee Heiner Kerrville Tivy HS | **TGCA Track Committee Vice Chair**

In the realm of competitive sport, there's nothing quite like the sense of community we find in cross country racing. While cross country meets are a test of our stamina and speed, they are also a shared adventure taken as a competition, side-by-side with others - whether they be strangers from other towns/schools or teammates - along dirt roads, mud, and those never-ending hills. Most people view the sport as an individual competition to be conquered; however, when you first lace up your shoes, you soon learn that community is at the very heart of cross country racing.

In the wake of the July 4th floods that hit the Hill Country, we've witnessed this community more than ever before. The week following the flood should have been when our team officially started meeting daily for training, but instead, we found ourselves meeting for other reasons. Athletes were helping serve food to first responders daily in four-hour shifts, they were helping sort, collect, and deliver donations at various locations, and they were aiding in the cleanup of our beloved town and the surrounding communities. As the team pressed forward—toward our season

with practices, and new meets, since Flat Rock Park and our beloved River Trail were no longer able to be used, we made adjustments to the schedule and where we could hold training runs. The 4th of July tragedy reminded us that the bond between our program and our community is not just built in times of peace, but forged in times of trial and in the hard times of life. The cross country community stepped up in big ways as we pressed on and showed just how big the bond of cross country is. Bandera ISD and Northside ISD both reached out and offered to host a meet on the day that was supposed to be the 4th Annual Tivy Antler River Run. What has become of that offering is "The Stronger than the Storm 5k/2mi XC race and Fun Run". A race that was set up to benefit the hill country schools (Tivy, Ingram, Hunt, Center Point, and Comfort) that were affected, donate money to the Kerr County Relief Fund, and help us replace the Tivy Antler River Run.

We again saw the bond of the cross country community when we stepped off the bus at the Pieper relay meet, where parents from Pieper handed each of our runners handwritten notes from



Pieper athletes and then prayed with our team and over our team before our race. At the Friday Night Lights race in San Antonio and the Flour Bluff Invitational, we were again reminded and shown the fostering of this community when coaches made it a point to come over to our camp and again pray with us and encourage us. We have seen this same sense of community at each race we have attended this year, each time a spectator, parent, coach, or fellow runner encouraged us, yelled TFND, or just told us "we are glad you are here". I write all of this to say THANK YOU to the cross country community for reminding us just how special the world of cross country is and how the community transcends all the different mascots and colors we wear. This community is shown in the actions, gestures, and love given to each and every runner at each and every race.

Creating or fostering that sense of community in your town can be paramount to building a program that athletes long to be in. Finding ways that we can get our town/area involved can sometimes be tough as a cross country program. Here are some ideas to incorporate into your towns and programs that would help to gain community involvement and to create a bond towards your cross country program.

1. Community Fun Runs & Walks

Host seasonal or monthly fun runs open to the public. These can be themed (e.g., Halloween costume run, Turkey Trot, Glow Run) and include different distances for all ages and fitness levels. Proceeds can support the team, and local businesses can sponsor or donate prizes.

Benefits:

- Builds visibility for the program

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photo courtesy Carmene Harmon

Continued from Page 1

- Encourages family and community participation
- Raises funds and awareness

2. Adopt-a-Runner Program

Invite local businesses, alumni, or families to “adopt” a runner for the season. Sponsors can provide encouragement, small gear donations, or attend meets. Runners can send updates or thank-you notes.

Benefits:

- Creates personal connections
- Builds a support network for athletes
- Engages local stakeholders

3. Volunteer Trail Days

Organize community trail clean-up or maintenance days at local parks or running routes. Invite students, parents, and community members to help improve the spaces the team uses.

Benefits:

- Promotes stewardship and teamwork
- Strengthens ties with local parks departments
- Provides service hours for students

4. Cross Country & Coffee

Hold informal Saturday morning meet-ups where parents, alumni, and community members can join the team for a light jog or walk followed by coffee and conversation.

Benefits:

- Builds relationships in a relaxed setting
- Encourages fitness and camaraderie
- Offers a chance to share team updates and goals

5. Local Business Partnerships

Partner with local businesses for cross-promotions. For example, a smoothie shop could offer discounts to runners, or a shoe store could host a “gear night” with expert advice and team discounts.

Benefits:

- Supports the local economy
- Provides resources for athletes
- Creates mutual promotion opportunities



photo courtesy Susie Walters

6. Race Day Tailgates

Invite families and community members to set up tailgates at meets with snacks, team spirit gear, and cheering sections. Create a festive atmosphere that makes race days feel like community events.

Benefits:

- Boosts morale and team spirit
- Encourages attendance and support
- Makes meets more engaging for spectators

7. Local Hero Guest Runs

Invite local figures—firefighters, veterans, teachers, or business owners—to join the team for a practice run or speak about perseverance and leadership.

Benefits:

- Inspires athletes
- Builds bridges between the team and the community
- Highlights role models

8. “Run for a Cause” Campaigns

Organize runs that support local charities or causes (e.g., food banks, animal shelters, health awareness). Promote

them through social media and local news outlets.

Benefits:

- Connects athletics with service
- Attracts broader community interest
- Teaches civic responsibility

9. Community Scavenger Hunts/ Bingo

Create bingo cards / scavenger hunt list for offseason runs around landmarks/stores in your community where athletes can take a pic or pick up a token to be collected. Promote the scavenger hunt or bingo card through social media to let the community know what your athletes will be doing and what to expect.

Benefits:

- Connects athletes to the local community
- Attracts broader community interest - some businesses may want athletes to have their pics taken at their business
- Allows the community to see your athletes out and around town

BSN SPORTS JOINS FORCES WITH SNAP! RAISE



BSN SPORTS

er it's custom equipment, uniforms, practice gear, or campus branding materials, BSN SPORTS and Snap! Raise have you covered. Your representative will work closely with you to identify what items are necessary for the upcoming season and develop a tailored plan to acquire them.

Once your needs are determined, Snap! Raise will help set up your fundraising campaign. The platform's user-friendly interface makes it simple to launch and manage your campaign, allowing you to focus on promoting it within your community. Throughout the process, you'll have access to valuable resources and support from Snap! Raise, making it easier to engage with donors and track your progress.

Early access to funds is another significant advantage of this partnership. By securing the necessary finances well in advance, teams can place orders for their essential gear without delay. This proactive approach ensures that all items are ready and available before the season begins, minimizing disruptions and allowing teams to concentrate on training and performance.

With the backing of BSN SPORTS and Snap! Raise, your team is set up for success. Their combined expertise and resources provide a comprehensive solution to your program's needs, ensuring you are fully prepared for the competitive season ahead. To learn more or get started with your next fundraiser, visit <https://www.bsnsports.com/snap-raise/> or view this flyer today.

Introduction to the Partnership

BSN SPORTS and Snap! Raise have teamed up to create a game-changing solution for schools and sports programs nationwide. This partnership is designed to simplify fundraising efforts while providing teams with the resources they need to excel. By working together, BSN SPORTS and Snap! Raise aim to revolutionize the way teams secure funding and access critical gear, ensuring that financial constraints do not stand in the way of athletic success. This collaboration brings a fresh approach to managing sports program needs, offering a seamless way to obtain custom equipment, uniforms, and other essentials.

Customized Solutions for Programs

The partnership between Snap! Mobile and BSN SPORTS offers a tailored solution specifically designed for school programs. This customized approach helps eliminate budget constraints, ensuring that financial barriers do not hinder a team's ability to compete effectively. With budget limitations no longer an obstacle, teams can focus on what truly matters: enhancing their performance and developing athletes.

Access to Essential Gear and Equipment

Through their collaboration, BSN SPORTS and Snap! Raise provide teams with comprehensive access to vital gear and equipment necessary for success. Teams can obtain custom equipment, uniforms, coach's apparel, practice gear, spirit wear, and campus branding materials, all through a streamlined process. One of the key benefits is the provision of early access to funds, enabling teams to place orders before the season begins. This proactive approach ensures that sports programs are not only well-prepared but also have the best possible resources to support their athletes from the outset. By securing these essentials ahead of time, teams can focus on training and performance without the stress of last-minute purchases.

Safety and Security in Fundraising

Safety is a cornerstone of Snap! Raise's approach to fundraising. It is recognized as the most secure and effective online fundraising solution available to schools and youth pro-

grams. This level of security ensures that schools can confidently conduct fundraising activities without worrying about potential risks. Over the years, Snap! Raise has established itself as a trusted platform, having helped raise over \$1 billion for more than 150,000 schools, groups, and teams. This track record highlights its capability and reliability in managing fundraising efforts.

When teams and schools use Snap! Raise, they benefit from a system designed to protect their financial data and fundraising outcomes. The platform employs robust security measures to safeguard sensitive information, making sure that all transactions and data are secure. This protection extends to donors as well, providing a safe and trustworthy environment for contributions.

In addition to its strong security framework, Snap! Raise simplifies the fundraising process, making it straightforward for teams to set up and manage their campaigns. The user-friendly interface allows teams to track progress, engage with supporters, and optimize their fundraising strategies without the complexity often associated with traditional methods.

By prioritizing safety and security, Snap! Raise enables schools and teams to focus on their core mission: enhancing their athletic programs and supporting their athletes. The combination of secure fundraising solutions and comprehensive support makes Snap! Raise a valuable partner in the pursuit of financial stability and success for sports programs across the nation.

Nationwide Impact and Reach

The partnership between Snap! Raise and BSN SPORTS extends its benefits to an impressive majority of high schools across the United States. This extensive reach ensures that countless athletes and programs benefit from the collaboration. By providing tailored solutions and necessary resources, this partnership empowers athletic programs to enhance their capabilities and improve overall performance.

With a proven track record of supporting over 150,000 schools, groups, and teams, Snap! Raise has become a vital resource in the education and sports communities. This extensive involvement allows the

partnership to cater to a wide variety of needs, from smaller youth teams to large high school programs. By addressing the unique challenges faced by these diverse groups, BSN SPORTS and Snap! Raise are creating an inclusive and supportive environment for all athletes.

One of the standout features of this collaboration is the proactive approach to funding. By offering early access to funds, teams can plan and prepare well ahead of their seasons, ensuring they have everything required for success. This foresight allows programs to avoid the stress of last-minute preparations and focus on their primary goal: developing athletes and achieving excellence in their respective sports.

Additionally, the streamlined process for obtaining gear, uniforms, and other essentials helps teams maintain a high level of readiness and professionalism. This, in turn, fosters a positive and motivated atmosphere among athletes, contributing to their overall growth and development. The partnership between Snap! Raise and BSN SPORTS not only supports athletic success but also helps build strong, well-equipped sports programs that can thrive in competitive environments.

Getting Started with the Partnership

To kick off this beneficial partnership, teams and schools can reach out to their designated BSN SPORTS experts or Snap! Raise representatives. These professionals are specially trained to navigate you through the entire process, ensuring a smooth and efficient experience from start to finish.

The first step is to assess your program's specific needs. Wheth-



photo courtesy Susie Walters

THE TEXAS WAY

Embracing Texas Pride in Sportsmanship: Our Commitment to The Texas Way

At TGCA we proudly endorse The Texas Way, an initiative that champions sportsmanship, integrity, and community strength in Texas sporting events.

The Texas Way, founded by THSCA, THSADA, and 2Words Character Development, aims to enhance sportsmanship, reduce ejections, and foster positive relationships among coaches, athletes, officials, fans, and the local community.



What is The Texas Way?

The Texas Way is a collaborative campaign to:

- IMPROVE the level of sportsmanship at UIL sporting events.
- DECREASE the number of ejections at UIL sporting events.
- STRENGTHEN communities and the relationships between coaches, athletes, officials, and fans.

The Three Pillars of The Texas Way

To coach, play, officiate, or support The Texas Way means you commit to the following three pillars:

- Respect for Others: We pledge to give respect to all participants (coaches, players, officials, and fans) because of who I am, not because of what they do.
- Control of Self: We commit to give boundaries to our thoughts, words, and actions, and to control our anger in the

face of competition and adversity.

- Spirit of Competition: We commit to give everything we have to be the absolute best we can be, and to put our team in the best position to win, but we will not sacrifice our integrity to do it.

By supporting The Texas Way, TGCA is dedicated to creating a positive and respectful sports environment, ensuring that the spirit of competition thrives with self-control, integrity, and mutual respect.

Join us in playing The Texas Way and make a difference in the Texas sports community!

What is The Texas Way?

For more details, visit: TheTexasWay.org

TGCA HAS SOME GREAT COACHES

Gary Tipton | Fellowship of Christian Athletes

My definition of a great coach has changed over the years. I used to think in order to be a great coach you had to win a State Championship. This was during the time that only one State Championship was won per sport in each classification.

My perspective is different now. Great coaches do 3 major things well: 1) They provide their teams opportunities to hear the Gospel Message. 2) They strive to be the best role models they can be. 3) They teach fundamentals and how to compete in the right way. These 3 traits allow them to be used to win Eternal W's for everyone in their programs.

The pictures are of the West Texas High School Volleyball Team and their Great Coach Jan Reed and her staff. TGCA Coaches, thank you

for striving to be great. TGCA, thank you for all the opportunities you

provide for FCA. Together, "Let's be used to win them all!"



photo courtesy Gary Tipton



photo courtesy Gary Tipton



2025-26 TGCA BOARD OF DIRECTORS

NAME	POSITION	SCHOOL
Scott Mann	President	Lorena HS
Sunni Strickland	1st Vice President	Big Spring HS
Dan Aldrich	2nd Vice President	Fredericksburg HS
Claire Gay	Past President	Aledo HS
Kylee Valenzuela	Region I Senior Director	Brownfield HS
Jason Culpepper	Region I Junior Director	Bushland HS
T'Leah Jennings	Region II Senior Director	Snyder HS
Bob Campbell	Region II Junior Director	Snyder HS
Kyle Sivadon	Region III Senior Director	Hurst Bell HS
Lyle Linscomb	Region III Junior Director	Waxahachie Life HS
Ross Barber	Region IV Senior Director	Tyler Legacy HS
Donald Gray	Region IV Junior Director	Longview Spring Hill HS
Terri Wade	Region V Senior Director	Conroe The Woodlands HS
Dr. Collea McKinney	Region V Junior Director	Cypress Ranch HS
Anthony Branch	Region VI Senior Director	A&M Consolidated HS
Wade Womack	Region VI Junior Director	Dripping Springs HS
Patti Zenner	Region VII Senior Director	Yorktown HS
Michelle Trotter	Region VII Junior Director	Clute Brazoswood HS
Kelly McDaniel	Region VIII Senior Director	Boerne Champion HS
Melissa Pump	Region VIII Junior Director	Christoval HS
Josh McKinney	Volleyball Committee Chair	Colleyville Heritage HS
Tara Dunn	Volleyball Committee Vice Chair	Vanderbilt Industrial HS
Jason Sanders	Basketball Committee Chair	Boerne Champion HS
Tommy Gates	Basketball Committee Vice Chair	Navasota HS
Kevin Johnson	Track Committee Chair	Abilene Cooper HS
Dee Heiner	Track Committee Vice Chair	Kerrville Tivy HS
Aaron Fuller	Softball Committee Chair	Mont Belvieu Barbers Hill HS
Jimmy Eby	Softball Committee Vice Chair	Robinson HS
Jay Tope	Sub-Varsity Committee Chair	SA Veterans Memorial HS
Maureen Marek	Sub-Varsity Committee Vice Chair	Bellville JHS



photo courtesy TGCA

2025-26 TGCA BOARD & COMMITTEE MEETINGS

OCTOBER 26-27

UIL Legislative Council Meeting
(TGCA Executive Committee Only)

NOVEMBER 3

Cross Country Committee Meeting
6:00 PM, Zoom

NOVEMBER 23

Board of Directors Meeting
Garland
10:00 AM Orientation
(New Board Member
MANDATORY)
11:00 AM Board Meeting

NOVEMBER 24

Volleyball Committee Meeting
6:00 PM Zoom
Volleyball All-State
Committee Meeting
6:00 PM Zoom

MARCH 8

Board of Directors Meeting,
11:00 AM, San Antonio

MARCH 9

Basketball All-State
Committee Meeting,
Basketball Committee
Meeting,
6:00 PM, Zoom

APRIL 13

Soccer Advisory Board
Meeting, 6:00 PM, Zoom

MAY 11

Track All-State Committee
Meeting, Track Committee
Meeting, 6:00 PM, Zoom

MAY 18

Sub-Varsity Committee
Meeting, 6:00 PM, Zoom

MAY 31

Board of Directors Meeting,
11:00 AM, Austin

JUNE 1

Softball All-State Committee
Meeting,
Softball Committee Meeting,
6:00 PM, Zoom

JUNE 9

Legislative Council Meeting
(TGCA Executive Committee Only)

JULY 13*

Board of Directors Meeting,
1:00 PM, Arlington

JULY 15*

Spirit Advisory Board Meeting,
7:00 AM, Arlington

JULY 15*

Soccer Advisory Board Meeting,
11:15 AM, Arlington

* - Subject to Change





2024-25 TGCA ATHLETES OF THE YEAR

TEAM TENNIS ATHLETE OF THE YEAR

Conf. 4A-5A-6A:

Kynley Craddock, Canyon Randall HS
(Coach: Darby Norman)

WATER POLO ATHLETE OF THE YEAR

Conf. 5A-6A:

Sydney Rubin, Southlake Carroll HS
(Coach: Justin Pudwell)

CROSS COUNTRY ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Sophia Bendet, UC-Randolph HS
(Coach: Stacy Bessire)

Conf. 5A-6A:

Elizabeth Leachman, Boerne Champion HS
(Coach: Sheila West)

VOLLEYBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Laney Hennessee, Wimberley HS
(Coach: Misty Fletcher-Remmers)

Conf. 5A-6A:

Kylie Kleckner, Northwest Nelson HS
(Coach: Brianne Groth)

SPIRIT CHEERLEADERS OF THE YEAR

Conf. 1A-2A-3A-4A:

Maggie Grimes, Shallowater HS
(Coach: Jaycie Willer)

Conf. 5A-6A:

Rhianna Rees, Lewisville Marcus HS
(Coach: Jenna Wilkins)

WRESTLING ATHLETE OF THE YEAR

Conf. 4A-5A-6A:

Haley Delgado, El Paso Eastwood HS
(Coach: Troy Douglas)



Photo courtesy Benita Carlton



Photo courtesy Melissa Pump

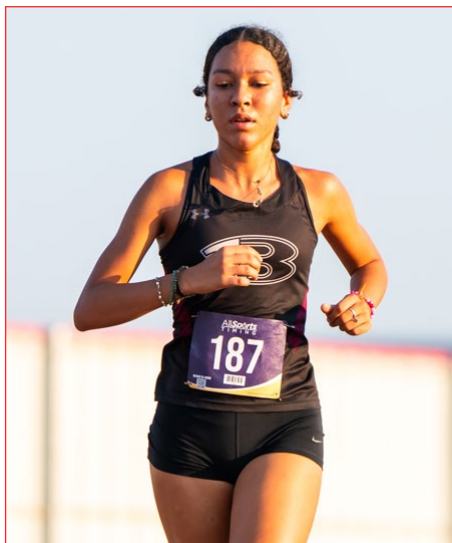


Photo courtesy Carmene Harmon

BASKETBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Megyn Meekins, Nocona HS
(Coach: Kyle Spitzer)

Conf. 5A-6A:

Aaliyah Chavez, Lubbock Monterey HS
(Coach: Jill Schneider)

SOCCER ATHLETE OF THE YEAR

Conf. 4A-5A-6A:

Meredith Koltz, Cedar Park HS
(Coach: Winston Pool)

GOLF ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Ainsley Burns, Mason HS
(Coach: Kade Burns)

Conf. 5A-6A:

Megan Lee, Frisco Independence HS
(Coach: Macee Lane)

TRACK ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Addyson Bristow, Canyon HS
(Coach: Ray Baca)

Conf. 5A-6A:

Zahria Bernard, Red Oak HS
(Coach: Johnny Johnson)

FIELD ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Arieanna Jefferson, Ferris HS
(Coach: Bethany Anderson-Burrell)

Conf. 5A-6A:

Lauren Carrothers, Prosper Walnut Grove HS
(Coach: Terrene Knight)

TENNIS ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Amelia Taylor, Wall HS
(Coach: Gayla Parker)

Conf. 5A-6A:

Anwitha Duduka & Janya Tellabati
Round Rock Westwood HS
(Coach: Travis Dalrymple)

SOFTBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Hannah Wells, Coahoma HS
(Coach: Alex Orosco)

Conf. 5A-6A:

Madilynn George, Leander Rouse HS
(Coach: Brenda Samuels)



2024-25 TGCA COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Justin Pudwill	Southlake Carroll	Water Polo	ALL
Travis Dalrymple	Round Rock Westwood	Team Tennis	ALL
Ray Baca	Canyon	Cross Country	1A-4A
Trenton Hall	Comal Smithson Valley	Cross Country	5A-6A
Jeff Coker	Crawford	Volleyball	1A-4A
Brianne Groth	Northwest Nelson	Volleyball	5A-6A
Julie Hall	Celina	Cheerleading	1A-4A
J'Lynn Jackson	Conroe Canyon Creek	Cheerleading	5A-6A
Troy Douglas	El Paso Eastwood	Wrestling	5A-6A
Jay Bruce	Martin's Mill	Basketball	1A-4A
Jill Schneider	Lubbock Monterey	Basketball	5A-6A
Kade Burns	Mason	Golf	1A-4A
Gary Beyer	Coppell	Golf	5A-6A
Winston Pool	Cedar Park	Soccer	4A-6A
Gayla Parker	Wall	Tennis	1A-4A
Travis Dalrymple	Round Rock Westwood	Tennis	5A-6A
Chelsy Lipsey	Brownwood	Track & Field	1A-4A
Angel Boyd-Thomas	Alvin Shadow Creek	Track & Field	5A-6A
Alexander Orosco	Coahoma	Softball	1A-4A
Christa Williams-Yates	Humble Kingwood	Softball	5A-6A



Photo courtesy Lauren Edgerton

2024-25 SUB-VARSITY/MIDDLE SCHOOL COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Jessica Cantrell	Tomball HS	Sub-Varsity Cheerleading	1A-6A
Shawna Lavender	Brock HS	Sub-Varsity Cross Country	1A-4A
Aaron Mouser	Argyle HS	Sub-Varsity Cross Country	5A-6A
Madison Luther	Bellville HS	Sub-Varsity Volleyball	1A-4A
Brett John	Fredericksburg HS	Sub-Varsity Basketball	1A-4A
Stephanie Smith	Magnolia West HS	Sub-Varsity Basketball	5A-6A
Madilynn Caperton	Navasota HS	Sub-Varsity Track & Field	1A-4A
Morgan King	Abilene Cooper HS	Sub-Varsity Track & Field	5A-6A
Erin Smith	Cedar Park MS	Sub-Varsity Soccer	4A-6A
Valerie Villalva	Seminole HS	Sub-Varsity Softball	1A-4A
Elizabeth Reyes	Lufkin HS	Sub-Varsity Softball	5A-6A
Amy Aschenbeck	Bellville HS	Sub-Varsity Tennis	1A-4A
Trish Mosley	Argyle MS	Middle School Cross Country	1A-4A
Devin Barker	Tatum MS	Middle School Volleyball	1A-4A
Julie Benson	Briarhill MS	Middle School Volleyball	5A-6A
Samantha Rakowitz	Sweeny HS	Middle School Soccer	4A-6A

2024-25 STATE CHAMPIONSHIP COACHES

COACH	SCHOOL	SPORT	CONF.
Darby Norman	Canyon Randall	Team Tennis	4A
Travis Dalrymple	Round Rock Westwood	Team Tennis	6A
Gary Billingsley	Tilden McMullen Co.	Cross Country	1A
Brandun Massingill	Hamilton	Cross Country	2A
Glenn Griffin	Holliday	Cross Country	3A
Ray Baca	Canyon	Cross Country	4A
Trenton Hall	Comal Smithson Valley	Cross Country	5A
Andrew Cook	Lewisville Flower Mound	Cross Country	6A
Mindy Patton	Harrold	Volleyball	1A
Heather Wilson	Johnson City LBJ	Volleyball	2A-D1
Jeff Coker	Crawford	Volleyball	2A-D2
Jason Culpepper	Bushland	Volleyball	3A-D1
Laura Gonzales	Stockdale	Volleyball	3A-D2
Stormi Snider	Decatur	Volleyball	4A-D1
Misty Fletcher Remmers	Wimberley	Volleyball	4A-D2
Kara Wallace	Corpus Christi Flour Bluff	Volleyball	5A-D1
U'iLani Womble	Frisco Wakeland	Volleyball	5A-D2
Morgan Rogers	Conroe Grand Oaks	Volleyball	6A-D1
Brianne Groth	Northwest Nelson	Volleyball	6A-D2
Brittni Sharp	Humble Kingwood Park	Cheerleading	Co-Ed
Victoria Armstrong	Vernon Northside	Cheerleading	1A
Allison White	Vernon Northside	Cheerleading	1A
Tammy Kirchoff	Falls City	Cheerleading	2A
Shaw Moy	Falls City	Cheerleading	2A
Jaycie Willer	Shallowater	Cheerleading	3A-D1
Angela Mead	Scurry-Rosser	Cheerleading	3A-D2
Julie Hall	Celina	Cheerleading	4A-D1
Alicia Rutherford	Hardin-Jefferson	Cheerleading	4A-D2
Alejandra Saenz	Fort Worth Paschal	Cheerleading	5A-D1
Nicole Mitchell	Crandall	Cheerleading	5A-D2
Megan Montgomery	Katy Mayde Creek	Cheerleading	6A-D1
Casey Watson	Weatherford	Cheerleading	6A-D2
Eric Schilling	Nazareth	Basketball	1A-D2
Kyle Spitzer	Nocona	Basketball	2A-D1
Jay Bruce	Martin's Mill	Basketball	2A-D2
Sally Whitaker	Fairfield	Basketball	3A-D1
Tena Matthews-Williams	Kountze	Basketball	3A-D2
Drew Coffman	Decatur	Basketball	4A-D1
Ashley Greer	Dallas Lincoln	Basketball	4A-D2
Monesha Allen	Denton Ryan	Basketball	5A-D1
Jill Schneider	Lubbock Monterey	Basketball	5A-D2
John Reese	Fort Worth Boswell	Basketball	6A-D2



Photo courtesy Lauren Edgerton

COACH	SCHOOL	SPORT	CONF.
Alexander Adams	Celina	Soccer	4A-D1
Whitney Bernard	Canyon Randall	Soccer	4A-D2
Caleb Blakley	CS A&M Consolidated	Soccer	5A-D1
Winston Pool	Cedar Park	Soccer	5A-D2
Craig Able	Coppell	Soccer	6A-D1
Erin Smith	Lewisville Marcus	Soccer	6A-D2
Kade Burns	Mason	Golf	2A
Mark Burgen	Andrews	Golf	4A
Gary Beyer	Coppell	Golf	6A
Mike Reed	Gordon	Track & Field	1A
Corby Maurer	Panhandle	Track & Field	2A
Stacey Bessire	UC-Randolph	Track & Field	3A
Chelsy Lipsey	Brownwood	Track & Field	4A
Angle Boyd-Thomas	Alvin Shadow Creek	Track & Field	6A
James Turner	Jonesboro	Softball	1A
James Harp	Ganado	Softball	2A-D1
Meagan Gonzales	Sundown	Softball	2A-D2
Leigh Ebner	Grandview	Softball	3A-D1
Alexander Orosco	Coahoma	Softball	3A-D2
Teresa Lentz	Corpus Christi Calallen	Softball	4A-D1
Jimmy Eby	Robinson	Softball	4A-D2
Cassie Crabtree	Melissa	Softball	5A-D1
Candyce Carter	Montgomery Lake Creek	Softball	5A-D2
Jordan Williams	Waco Midway	Softball	6A-D1
Christa Williams-Yates	Humble Kingwood	Softball	6A-D2

TEAM TENNIS STATE CHAMPIONSHIPS

Waco Regional Tennis Center & Hurd Tennis Center Baylor University | October 22-23, 2025

Schedule

Wednesday, October 22

8:00 a.m. & 11:30 a.m. (Baylor) 4A Semifinals
 8:00 a.m. (Waco Regional) 5A Semifinals
 11:30 a.m. (Waco Regional) 6A Semifinals

Thursday, October 23 (Baylor)

8:00 a.m. 4A Final
 11:30 a.m. 5A Final
 3:00 p.m. 6A Final

Ticket Options Ticket Price

Single Day \$15.00
 All-Tournament \$25.00
 Coaches All-Tournament \$20.00
 *Additional fees may apply.

All ticket sales will be online. There will be no ticket sales at either venue. Tickets will be available for purchase [HERE](#) closer to the event date.

PARKING

BAYLOR: Free parking is available at the Ferrell Center, Baylor Ballpark and Gettermann Stadium adjacent to Hurd Tennis Center. [MAP](#)
WACO REGIONAL: Free parking is available in the Waco Regional Tennis Center Lot and the Hawaiian Falls Lot. [MAP](#)



photo courtesy UIL

ENTRANCE TO VENUES

BAYLOR: Entrance to Hurd Tennis Center can be made via the walkway between Baylor Ballpark and Gettermann Stadium.
WACO REGIONAL: Entrance to Waco Regional Tennis Center can be made via the side gate facing Lake Shore Drive.

WATER POLO STATE CHAMPIONSHIPS

Josh Davis Natatorium Northeast ISD | October 24-25, 2025



photo courtesy UIL

Schedule

Friday, October 24

1:00 p.m. Semifinal #1
 2:30 p.m. Semifinal #2

Saturday, October 25

12:00 p.m. Final

Tickets

All tickets are general admission and will be \$15.00 (plus applicable fees) a day. A ticket is good for all games on that day. No re-entry allowed. All tickets must be purchased online.
 Tickets will go on sale Monday, October 14th at 10:00 am. No passes or cards will be accepted for discounted or complementary admission.
 Doors will open 1 hour before the start of the first game of the day.
[Tickets](#)

Parking

Parking is available free of charge in the lots surrounding the natatorium. Please be aware that there will be a football game played at the adjacent football stadium. Parking is available all around the stadium, but be prepared for delays. Parking map can be found [here](#)

Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, North East ISD has implemented a bag policy limiting the size and type allowed at events. [Click here](#) for more details.

2026-27 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2026-2027 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2025-26 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the

categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are.

Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. **You MUST be a member of TGCA to attend any TGCA clinic.**

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2025 in Lubbock (Regions I & II), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2026-27 membership card. You CANNOT just

renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 **if you have already paid the \$70.00 renewal fee for your 2026-27 membership.**

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you **DO NOT** set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.



photo courtesy Melissa Pump

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2026-27 year, beginning June 1, 2026 and ending May 31st, 2027. Please be sure that is what you intended to do. You may still print a 2025-26 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at www.austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline. Cheerleading nominations are located on the Spirit page in the menu on the left-hand side of the page. All questions or inquiries regarding Cheer nominations should be addressed to the Spirit Advisory Board. Contact information is located on the Spirit page under Spirit Advisory Board in the menu on the left-hand side of the page. All other nominations should be submitted through

the Membership Site once you have logged in.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AF-**

TER YOU HAVE COMPLETED ALL NOMINATIONS.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend you use Chrome or Firefox as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the on-line nomination deadline for your sport or cheerleading, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative

for the committees is listed on the website under the sport category they pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the on-line honors nomination deadline is missed. Instructions for nominating on-line, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

1 Access the TGCA website at austintgca.com.

2 Click on the "Membership Site" category in the menu on the left-hand side of the page.

3 You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number. We do not recommend using the "Forgot Password" link, as you will more than likely never see the response email. It is more often than not blocked by a security measure in place by your

school.

4 Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

5 Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

6 Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. **PLEASE** be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

8 Complete the form by typing in the information requested in the "Update" field.

9 When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just

start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For

for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.



photo courtesy Susie Walters

your nomination to appear correctly, it must have the name of the school, rather than your title. You may need to type the complete name of the school, including "High School" for it to populate. There are many, many schools with the same name, including junior highs and middle schools.

10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11 When you have completed the form, please click the "Submit" button at the bottom of the page. If,

12 You will need to follow these steps for each nomination of each athlete in each category you wish to make. **For Academic All-State, you only need to list the GPA.** We do not need the honors section, as we only check for grade classification (senior) and the GPA, which must be 94 or above and must be submitted in that format, not on a 5.0, 4.0, etc. Any nominations submitted on the grade point only scale will be counted as nonvalid.

If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

TGCA CAREER VICTORY MILESTONES

CROSS COUNTRY

COACH	SCHOOL	PTS.
Glenn Griffin	Holliday HS	1000
Anthony Branch	CS A&M Consolidated HS	400

VOLLEYBALL

COACH	SCHOOL	WINS
Susan Brewer	Bellville HS	1200
Regina Snell	Hardin HS	700
Donald Zapalac	Schulenburg HS	600
Scott Simonds	LC Clear Creek HS	600
Rochelle Kabisch	Henrietta HS	600
Lynn Larson	Krum HS	500
Jeremy Stewart	Lufkin HS	400
Courtney Rodriguez	Hondo HS	300
D'Anna Newton	Burleson HS	300
Jenna Buzek	Port Lavaca Calhoun HS	300
Eric Miracle	Richardson HS	300

SPIRIT

COACH	SCHOOL	PTS.
Nicole Mitchell	Crandall HS	700
Jaci Pippen	Jacksboro HS	500
Amy Weaston	Katy Seven Lakes HS	400
Janel Jackson	Conroe Caney Creek HS	400

SOCCER

COACH	SCHOOL	WINS
Jason Venable	Waxahachie HS	300

BASKETBALL

COACH	SCHOOL	WINS
Rhonda Farney	Georgetown HS	1300
Tri Danley	Seminole HS	800
Gary Watkins	Franklin HS	700
Jeff Guice	Gunter HS	700
Barry Gill	Huckabay HS	600
Trent Hilliard	Wolforth Frenship HS	500
Brad Blalock	Christoval HS	300
Ross Barber	Tyler Legacy HS	300
Valery Jackson	Keller Fossil Ridge HS	300

TRACK & FIELD

COACH	SCHOOL	PTS.
Glenn Griffin	Holliday HS	1400
Lyle Linscomb	Waxahachie Life HS	1000
Jeremiah Butchee	Stephenville HS	500
Shayla Rawls	Troy HS	300

SOFTBALL

COACH	SCHOOL	WINS
Wade Womack	Dripping Springs HS	600
Kevin Mills	El Paso Chapin HS	600

TGCA AWARDS: BY THE NUMBERS

The TGCA is proud to honor coaches and student-athletes throughout each school year for all of their accomplishments.

Coaches

State Champions ring (up to 78 coaches)
COY Awards (20 coaches)
Sub-Varsity COY Awards (15 coaches)
Middle School COY Awards (15 coaches)
All Star Plaques for Coaches (32)

Student-Athletes

All State Awards
(approximately 750)
Academic All State Awards
(approximately 6500 certificates)
POY Awards (20 players)
Legacy All-Stars-graduating Seniors (120)

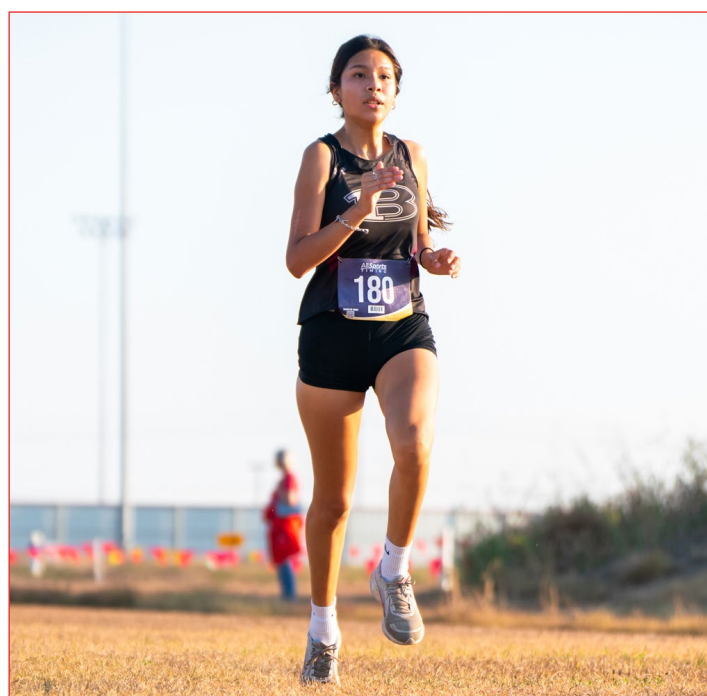


Photo courtesy Carmene Harmon

ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount Card for your entire household which

provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized

in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available. American Income Life is an international company licensed in 49 states, the District of Columbia,

Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit aillife.com/benefits/sqM9W.

SPORT NOMINATION DEADLINES

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2025-26, they are as follows:

Water Polo	October 20, 2025
Team Tennis	October 20, 2025
Cross Country	October 27, 2025
Volleyball	November 17, 2025
Spirit	January 5, 2026
Wrestling	February 9, 2026
Swim & Dive	February 16, 2026
Basketball	March 2, 2026
Soccer	April 6, 2026
Golf	April 27, 2026
Tennis	May 4, 2026
Track & Field	May 11, 2026
Softball	May 25, 2026

TGCA SUB-VARSITY YEARS OF SERVICE

COACH	SCHOOL	YEARS OF SERVICE
Samantha Montano	Lamar MS	30

WELCOME TO THE TGCA STAFF

ASHLEY DOUGLAS TGCA MEMBERSHIP ASSISTANT

Hello, I am Ashley Douglas! I am thrilled to be joining the Texas Girls Coaches Association team! I previously coached for the last 6 years and was always a member of TGCA. I loved attending the clinics that they put on each year, so to be working alongside of them now is very exciting!

I am originally from Littlefield, a small town in West Texas. After graduating there I attended and ran track 4 years at Angelo State University. After college my coaching career began, right back in good ol' Littlefield! I have coached a little of everything, but Track and Field definitely has my heart, and I was blessed to be a head Track and CC coach for several years.

Outside of work, I am happily married to my high school sweetheart, and the proud momma to two wonderful little boys who keep my life exciting and full of joy! We just recently relocated to the beautiful town of Austin, after my husband took a basketball coaching position at Lake Travis High School.

From growing up with a coach, to becoming one, to now being married to one, I completely understand the dedication, long hours, and passion it takes to build athletes and teams. Keep changing lives, and please let me know if there is anything throughout your membership process that I can help you with!



photo courtesy Benita Carlton

THINGS COACHES SHOULD KNOW ABOUT CONFLICT IS REALITY

James A. Peterson, Ph.D., FACSM

James Peterson is a freelance writer and consultant in sports medicine and the owner of Coaches Choice, the foremost publisher in the world of instructional material for coaches. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.

1. Conflict. The athletic arena is loaded with relationships. When relationships occur in a group of disparate entities, the potential for conflict is exhaustive. Teammates can't get along. Players don't trust their coaches. Administrators and coaches aren't on the same page. Parents don't like how coaches are treating their kids, etc.

3. Conflict is inherently bad. A commonly held but factually untrue observation about the nature of conflict. When individuals perceive goals that others interfere in their efforts to achieve those goals, conflict occurs. Properly managed conflict, however, doesn't lead to poor outcomes. Rather, as a rule, appropriately managed conflict will lead to

being an active listener. In that regard, the key is for individuals to listen to understand what the other person is actually saying, versus focusing on formulating a reply to their words.

ble TV, and streaming) evolved, but many parents have become much more likely to view sports as a viable platform for the kids to receive a college scholarship. As a result, sports have expanded in visibility, value, and perceived opportunity. With these changes, the possibility for conflict in sports has grown exponentially.

5. How to approach conflict. Neither avoiding conflict and hoping it will go away nor winging how you deal with it once you decide to address it is not an appropriate strategy for coming to grips with it. Unfortunately, conflict won't magically disappear. Rather, it requires a concerted effort by individuals to learn the necessary skills for managing conflict and then taking a proactive approach to employ the requisite skills and tools for effectively dealing with it.

6. Speed is not an overriding factor in managing conflict. Achieving a rapid resolution is not the most important factor in dealing with conflict. First and foremost, the immediate goal when coaches address conflict is to understand, reduce, and control the level of emotions of the individuals involved in the conflict. All factors considered, when emotions are high, individuals are less likely to make good decisions.

7. The heart of the matter. Most conflicts are a byproduct of a breakdown in effective communication. In reality, there are a number of aspects of communication that can be addressed, which can help lead to a solution for the conflict at hand, including

8. Conflict is never about the surface issues. In that regard, coaches need to be aware of the concept in conflict management of "below the line." This concept refers to the importance of identifying the actual interests an individual has, rather than their simple (above the line) concerns. More often than not, these interests have a positive impact on the effort to find a "best" solution to any conflict.

9. Conflicts tend to be complex. As such, resolving any conflict rarely has one and only one solution. Accordingly, coaches need to zero in on the most important aspects of the conflict and employ "creativity" in identifying a list of possible solutions. In that regard, the essential keys are to be flexible, be patient, try to get buy-in from every person involved in the conflict, and always look for a win-win solution.

10. Have a framework to deal with conflict. Teams should have to create a policy before any conflict occurs to not only try to head it off (if possible), but also to make it easier to address it if it actually occurs. The objective is to specify what should (and should never) be done if and when conflict happens.



photo courtesy Jeff Bontrager

2. Conflict is inevitable. There will always be conflicts, including in sports. Given that every human processes their experiences in their own way (essentially based on how they perceive the world), conflict is present to some degree all the time, in every team, in every relationship (e.g., teammate-teammate; player-coach; coach-administrator; parent-coach).

enhanced relationships, higher levels of trust between the individuals involved, and serving as a catalyst for success.

4. Conflict (in sports) has grown. Not too long ago, only selected college and professional sports teams were relatively visible. Over time, however, not only has technology (e.g., Internet, social media, cell phones, ca-

Coaches,

I am sure you are excited to kick off a fresh new year! We, like many, recognize what the new year offers – a chance for us to look back with gratitude and ahead with hope.

Cancer is personal. It doesn't discriminate. It doesn't care if you're a star athlete or a single mother of three. Every minute, a woman hears the words that change everything – you have cancer.

That's why the work of the Kay Yow Cancer Fund matters so much, and why your support makes a difference. Because of you, this past year we were able to:

- Award **\$750,000** in [grants](#) to provide access to care and fund scientific research
- Conduct **11 Empowerment Tours** across the country
- Recognize **26 collegiate student-athletes** as [Kay Yow Servant Leaders](#)
- Unite communities in more than 200 [Play4Kay](#) games

These numbers represent real impact—women who received access to care, students who were educated and inspired, and families who felt less alone in their fight.

Coach Yow would be proud of what we've done, but I know she'd also be urging us to keep going. As we all begin a new year, we are reminded that we are louder, stronger, and unstoppable together. **This year, let's make Play4Kay BIGGER than ever – do it for the women in your life.**

Contact Jennifer Sullivan (jennifer.sullivan@kayyow.com) for more information on [Play4Kay](#)



How do I join the Movement?



It's as easy as 1-2-3

- 1 Pick a game on your schedule and call it Play4Kay**
- 2 Raise money around your game and donate it to the Kay Yow Cancer Fund**
- 3 Celebrate female cancer survivors, thrivers, and warriors at your game!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Water Polo Team Tennis: District Certification Deadline
5	6 TEAM TENNIS: BI-DISTRICT WATER POLO: BI-DISTRICT	7	8	9 TEAM TENNIS: AREA WATER POLO: AREA	10	11 Cross Country: District Certification Deadline
12	13 TEAM TENNIS: REGIONAL QF WATER POLO: REGIONAL QF	14	15	16 TEAM TENNIS: REGIONAL	17 WATER POLO: REGIONAL	18
19	20 CROSS COUNTRY: REGIONAL TGCA: Team Tennis & Water Polo Nomination Deadlines, NOON	21	22 TEAM TENNIS: STATE Girls Basketball: First Day for Practice	23	24 WATER POLO: STATE	25
26 UIL LEGISLATIVE COUNCIL MEETING, AUSTIN TGCA: Cross Country Nomination Deadlines, NOON	27	28 Volleyball: District Certification Deadline	29	30 VOLLEYBALL: BI-DISTRICT	31 CROSS COUNTRY: STATE	1

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.



photo courtesy Susie Walters

THANKS TO OUR SPONSORS

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-BSN Sports

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TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: austintgca.com.

Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



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